

FRIDAY NIGHT FACTS

OFFICE OF FAITH-BASED AND COMMUNITY INITIATIVES



MITCHELL E. DANIELS, JR., GOVERNOR
PAULA PARKER-SAWYERS, EXECUTIVE DIRECTOR



Thanks for reading Friday Night Facts and continuing to provide us feedback on what you read. Your comments are helpful in determining the kind of information we include in this newsletter. The holiday season is upon us. It is a time for family, food, and memories. We hope that as you plan your various activities during this season that you will take a moment to remember the children without a family, parents who have lost their children too soon, grandparents who are lonely for any family member to visit and the single neighbor who seems to have no family or friends. Reach out and let them know that you care and bring a smile to their face.

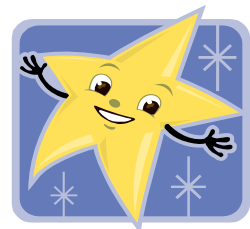
Hoosier Rising Star Award



In September, Lt. Governor Skillman introduced their latest plan to bring more jobs and better opportunities to Indiana. "Breaking the Boundaries" is a strategy for rural Indiana. It focuses on the unique assets of our small cities and towns to build economic opportunities for all Hoosiers. Whether those assets are our rivers and parks, our churches and museums, or our traditions and people, "Breaking the Boundaries" makes local pride a priority.

That pride can come from many different places, but mostly it comes from the people who call our small cities and towns home. The hard-workers and forward-thinkers who make our communities thrive come in all shapes and sizes. It has long been the Lt. Governor's desire to see the youngest of them recognized for their contributions. With that in mind, she created the Hoosier Rising Star Award to honor the outstanding young people who call rural Indiana home.

You are encouraged to nominate a student in your community who has seen a need and displayed creative leadership to help others and better your community. Whether that student is business-minded, education-oriented, or socially aware, she wants to know about your Rising Star. For more information about the Hoosier Rising Star Award and the nomination process, please visit <http://www.in.gov/lgov/> and click on Awards and Recognitions on the left side of the page.



"Volunteering is putting good words into action"

Laurel McClelland

National Adoption Day – November 18, 2006

On November 18th, communities across the country will come together to celebrate National Adoption Day by finalizing the adoptions of children from foster care and celebrating all families who adopt.

Currently, there are 119,000 foster children in the United States available for adoption. One a special Saturday just before every Thanksgiving, the National Adoption Day Coalition sponsors National Adoption Day to raise awareness of the need to find permanent, loving homes for children in foster care.

There are children right here in our community in need of permanent, loving families. You can support adoption in many ways – become a foster parent, mentor children in foster care, volunteer. For more information on supporting National Adoption Day, please contact Cynthia Billey at 213-368-6010 or log onto www.nationaladoptionday.org. To find out more about adopting a child in the US please go to www.davethomasfoundation.org or call 1-800-TO-ADOPT.



Congratulations to Family Christian Development Center

The **Family Christian Development Center** (Nappanee), a rural, faith-based model for addressing the issues of poverty by bringing together the resources of the community, is one of six recipients of the Indiana Achievement Award.

The Indiana Achievement Award celebrates the good work of our state's top nonprofit organizations. Through the generosity of their partners, six \$10,000 non-restricted cash grants are rewarded to real-world organizations that excel in one of three categories—innovation, impact and sustainability.

Congratulations to our other outstanding recipients as well:

Noah's Ark Children's Village (Jeffersonville) was chosen for their holistic and unique approach to foster care, providing a stable family environment for children in need.

Conner Prairie (Fishers) was selected for inspiring curiosity and fostering learning about Indiana's past by providing engaging, individualized and unique experiences.

College Mentors for Kids (Indianapolis) empowers youth to become lifelong learners and provides educational opportunities that all children need and deserve.

Marian College (Indianapolis) was chosen for their dedication to excellent teaching as well as their transformation into a stable, growing college and community leader.

Second Helpings (Indianapolis) provides and prepares free, nutritious meals for thousands of hungry children and adults every day and also developed highly successful job training programs.

Grant Opportunity

Integrated Services for Children with Special Health Care Needs

The purpose of this initiative for "Family to Family Health Care Information and Education Centers for Families of Children with Special Health Care Needs" is to address the President's New Freedom Initiative to reduce barriers to community living for people with disabilities and to address families' lack of access to the services, advocacy and assistance they need as mandated in The Family Opportunity Act of 2005. This initiative ultimately will assist families so that: "Families of children with special health care needs will partner in decision-making at all levels". Grants will fund state-based, family-run centers providing information, education, technical assistance and peer support to families of CYSHCN.

Faith-based and community organizations are eligible to apply. The applications are due by **December 4, 2006** and there will be 30 awards given totaling \$3,000,000. For more information, contact Diana Denboba, 301-443-9332, or go to www.grants.gov (funding opportunity number HRSA-07-032).



NOVEMBER 16-30, 2006 TRAINING CALENDAR

November 16 1:00-2:30 pm	Enhancing Your Career	Ball State University	2000 W. University Ave., SC 303 Muncie	Free, however seats are limited and Ball State Faculty & Stu- dents have first choice	Andy Gotherau (765) 285-1819 agothreau@bsu.edu
November 16 5:00-7:00 pm	"Evening @ the House – Innovations in Networks"	Indiana Humanities Council, Trustee Leadership Develop- ment	Indiana Humanities Council, 1500 North Delaware Indianapolis	Free	Register by emailing info@tld.org 317-638-1500
November 17 7:00-8:30 pm	"If the Cupboard Were Bare: Creating Sustainable Food Systems"	North United Methodist Church, Indy Sustainable Food Alliance, Earth Charter Indiana, Slow Food Indy	All Souls Unitarian Church, 5805 E. 56 th St. Indianapolis	Free	317-709-3440
November 18 9:30-4:30 pm	"Helping Hands Festival"	Global Gifts, Inc., The Indian- apolis Area Private Schools Diversity Consortium, Brebeuf Jesuit Preparatory School	Brebeuf Jesuit Preparatory School, Multi-Purpose Rm. 2801 W. 86 th St. Indianapolis	Free	317-879-9000
November 21 12:00-1:00 pm	Robert's Rules of Order	Ball State University	2000 W. University Ave., SC 303 Muncie	Free, however seats are limited and Ball State Faculty/Students have first choice	Andy Gotherau (765) 285-1819 agothreau@bsu.edu
November 21 1:30-4:00 pm	Business Interviewing	Ball State University	2000 W. University Ave., SC 303 Muncie	Free, however seats are limited and Ball State Faculty/Students have first choice	Andy Gotherau (765) 285-1819 agothreau@bsu.edu
November 29 9:30-10:30 am	Time Management	AYS, Inc. Professional Development Center	4755 Kingsway Drive, Ste. 333 Indianapolis	\$15	Wendy 317-803-3134 x 32

Countdown to T-Day

November marks the beginning of a season that tends to revolve around dinner celebrations. It's hard to cut calories when you're giving thanks with your family and celebrating holiday traditions, but you can keep the focus off of food by adding activity to your Thanksgiving and other celebrations.

Here are some tips for burning calories on Thanksgiving and other fall and winter holidays:

- * Engage the family in a touch-football game. Want to make it extra competitive? The losing team has to do the dishes.
- * Take everyone on a family walk after dinner.
- * Rake leaves into piles around the yard and let the kids take turns playing in them.
- * If you're taking a family trip to the mall, park as far away as possible from the doors to get in extra steps.

And, you can always help yourself eat less by following these tips:

- * Plan a holiday meal at lunch time, rather than dinner, to give yourself time to work off some calories after the meal.
- * Eat slowly and savor each bite; engage in conversations. The longer it takes you to eat, the more time your body will have to let you know it's full.
- * Drink a large glass of water 30 minutes before you sit down at the table. You'll feel fuller and eat less.
- * Clear the table after dining so that you won't be tempted to nibble all day or into the evening.

If you're looking for a healthy turkey recipe, here's Simply Roasted Turkey, which clocks in at 240 calories per serving. It serves eight, and will leave you with some leftovers.

Simply Roasted Turkey

Ingredients

- 1 whole fresh turkey, 10 to 14 pounds
- salt to taste
- freshly ground black pepper
- 3 sprigs fresh rosemary or 1/2 teaspoon dried
- 4 sprigs fresh thyme or 1/2 teaspoon dried
- 2 bay leaves, crushed
- 2 medium onions, roughly chopped into 1-inch pieces
- 3 carrots, roughly chopped into 1-inch pieces
- 3 stalks celery, roughly chopped into 1-inch pieces
- 2 shallots, peeled and halved



Cooking Instructions:

Preheat the oven to 325°F. Remove the giblets from the turkey and save them for another use or discard. Rinse the turkey, inside and out, with cold water and pat dry. Season with salt and pepper inside and out. If you are using fresh herbs, chop them. Combine the herbs, bay leaves, onions, carrots, celery and shallots together and stuff the mixture into the cavity of the bird. Place the turkey in a roasting pan.

Rub the olive oil under the skin of the turkey. Tuck the wings back, under the bird and truss it. Place the turkey in the oven and roast until the skin is golden brown and crisp, the juices run clear when the thigh is pierced with a sharp knife, and a meat thermometer reads 170°F, or about 3 hours. While it cooks, occasionally baste the turkey with the juices that collect in the roasting pan.

Note: Allow the turkey to rest for 20 minutes and check that the temperature has come up to 180°F. (The bird will continue to cook after removing it from the oven). Transfer the turkey to a serving platter. Remove the vegetables from the cavity and discard. Let the turkey rest for about 20 minutes before carving, and then serve.

For more healthy recipes and activities to help you gain your independence from high calorie foods and exercise excuses, log onto www.INShape.IN.gov and www.fitcity.info